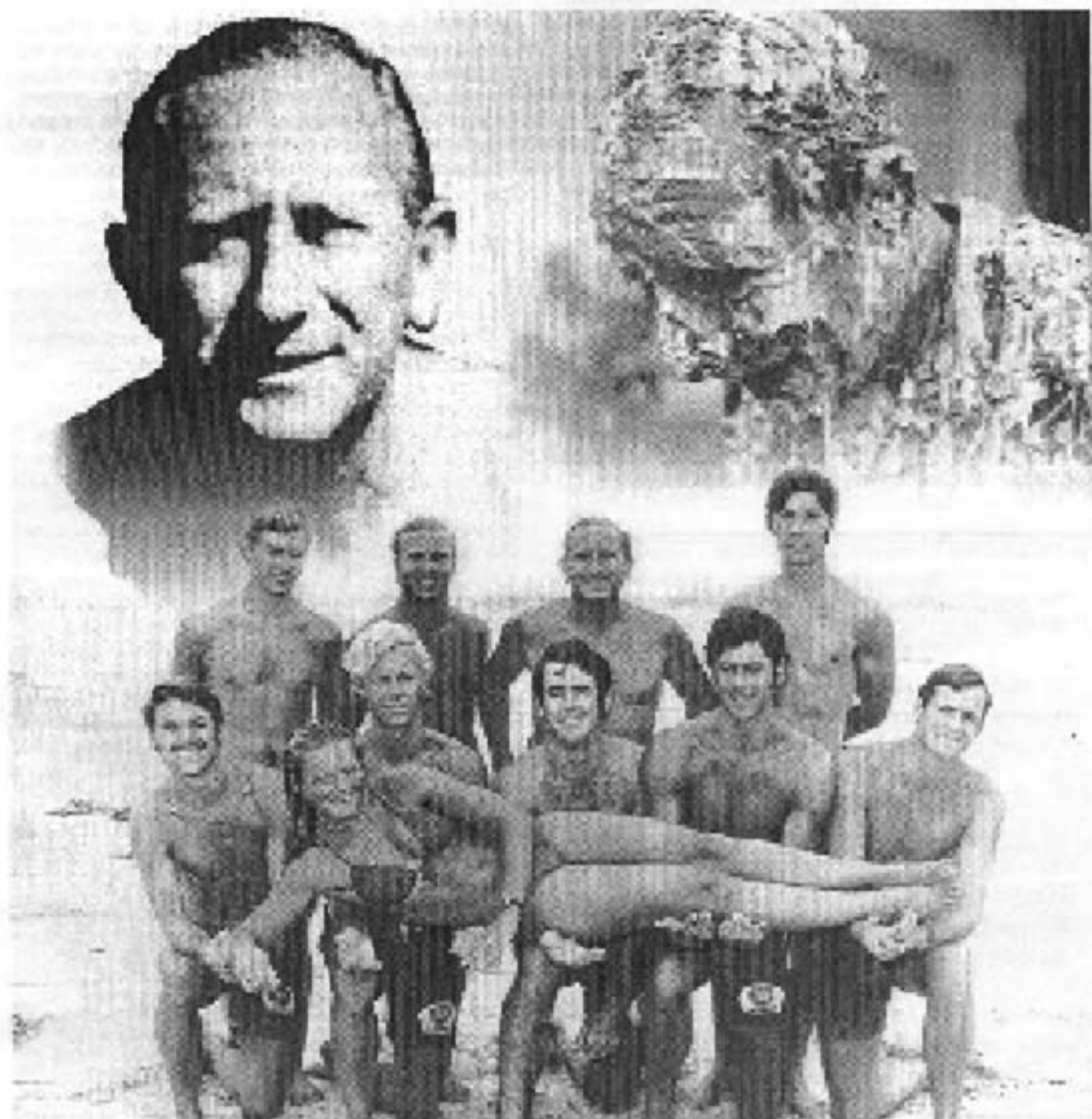


*California Surf
Lifesaving Association*

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THE Cal Surf

MEMBERSHIP



THE CALIFORNIA SURF
LIFESAVING ASSOCIATION



Agency Profile -L.A. City

By Richard Godino

“Our history is long and convoluted. We have gone from being one of the premier lifeguard agencies in the nation for 50 years to nearly vanishing from the open water frontier for a decade to returning to some degree of respectability in the open water lifeguarding community. We are proud of this achievement and very proud to be part of the noble profession of open water /ifeguarding.”

In the early part of the twentieth century, lifeguards in Southern California were usually volunteers and were organized under either the United States Volunteer Lifesaving Corps or the American Red Cross Lifesaving Corps.

The City of Los Angeles started employing lifeguards in 1918 when it opened the North Broadway Plunge. Three more pools were opened to the public during the next four years. In 1922 the Playground Department named Dudley Degroot as the first Supervisor of Aquatics, and made him responsible for all aquatic activities in the City. In 1923, with the annexation of the town of Venice and the adjacent Venice Beach, the existing Venice and Ocean Park Lifeguards were organized under the leadership of Myron Cox, the City’s first and longest reigning Chief Lifeguard.

In 1925, the city of San Pedro was annexed and brought Cabrillo Beach under the umbrella of protection provided by Los Angeles City Lifeguards. During the 1930’s, lifeguards from many of the smaller cities in the Los Angeles area such as Hermosa Beach and Redondo Beach asked the County of Los Angeles to provide lifeguard services for their beaches. It was during these times that lifeguard competitions began to be held primarily to test and develop skills. As war approached in the 1940’s, lifeguard “waterman” skills began to be utilized by the military, particularly the Navy and Marines, to help teach “drown-proofing” to sailors and others.



Lifeguards pulling in a dory - Venice, Circa 1935

By the 1950's, lifeguard services on Los Angeles area beaches were almost solely provided by the cities of Santa Monica, Long Beach, and Los Angeles or by the County of Los Angeles. City of Los Angeles lifeguards supervised bathers at over eleven miles of beaches including Will Rogers Beach near Pacific Palisades, Venice Beach, Dockweiler Beach in El Segundo and Cabrillo Beach. They also operated two municipal beach bathhouses -- the Sunset Pier Bathhouse and the Cabrillo Beach Bathhouse -- and provided lifeguard protection at Crowley Lake, Harbor Lake and Hansen Dam. It was during these times that lifeguards began to become more aware of their image and their status in the rescue community. Advances in lifesaving equipment and techniques during the 1950's began to change the face of lifeguarding. Due in large part to a Los Angeles County team of lifeguards sent to the first International Surf Lifesaving Competition held in Melbourne, Australia in 1956, lifeguards began to see the use of the rescue can and paddleboards as well as competitions featuring lifeguarding skills such as the "Iron Man". It was also in that decade that CPR was first introduced to lifeguards as a lifesaving skill.

In the 1960's, as surfing became popular, the first junior lifeguard programs were introduced. Tapping the abundant crop of young surfers, lifeguard services began to develop lifeguards with a love of the ocean environment and the skills to match. Led by the County, lifeguards in the City and elsewhere began to see a progression towards parity with firefighters and law enforcement in terms of image, and occasionally in terms of salary and benefits. It was during this time that the Aquatics Division of the City of Los Angeles divided their lifeguard service into two sections -- the Pool Section and the Beach Section. Each section had different leadership, testing and training and were united only by having the same top supervisor. While the Pool Section went on to concentrate on providing lifeguard protection and educational swimming programs such as swim lessons, the Beach Section became more closely aligned with their public safety counterparts such as firefighters and other beach lifeguard services.

As the 1970's arrived, the two sections became more and more different. City management attempted to bring them closer together by putting the entire Division under the supervision of the Chief Beach Lifeguard Bill O'Sullivan. This unhappy marriage finally came to an end in 1975 when the City signed an MOU with the County merging their two beach lifeguard operations. Although there was some animosity at first, City beach lifeguards were mostly happy to take advantage of the higher salaries and safety series retirement offered by the County. Former City beach lifeguards went on to bolster the already outstanding ranks of County beach lifeguards. In fact, in 1990 former City beach lifeguard Don Rohrer became Chief Lifeguard for the County of Los Angeles. Don is now retired and is the current CSLSA Vice President and USLA President. This merger, however, applied only to the beaches, it did not include the lakes where beach lifeguards had formerly provided protection. Crowley Lake, Hansen Dam and Harbor Lake were immediately turned over to the Pool Section. Former City beach lifeguards were brought in to provide training for the pool lifeguards who were now becoming open water lifeguards. As the seventies waned, the passage of Proposition 13, and the loss of tax revenue ended lifeguard protection at Harbor Lake. Within the first six months after lifeguards were withdrawn, a drowning occurred during what would have been guarded hours. Three months later another occurred, this time involving a child of three. The City remained steadfast however. Lifeguard service has not been restored as of this date.

In the 1980's, the revenue pinch was still being felt. As the Hansen Dam flood basin began to silt in, the lake behind the dam became smaller and smaller. When it became too small and shallow to allow boating in 1983, the facility was officially closed and lifeguards were withdrawn. This left the City with only one open water facility, Crowley Lake, which was

operated only six months of each year. But, in 1986, a strange reversal occurred. The City of Los Angeles Harbor Department, which had been partially subsidizing the County lifeguards on the inner beach at Cabrillo Beach, reached an impasse with the County. Rather than continue their agreement with the County, they turned to the City's own Department of Recreation and Parks for lifeguard services. Once again the Pool Section ponied up some lifeguards, got them the advanced training they needed and put them on the beach. As this new generation of City beach lifeguards began to supervise activities on the inner beach, they were always painfully aware of the presence of County lifeguards looking over their shoulders. There was a certain amount of stress and criticism, but as they became more adept at beach lifeguarding they regained a certain amount of respect.

The 1990's saw the construction of Lake Balboa in the Sepulveda Flood Control Basin and the rebuilding of a new Hansen Dam Aquatic Center. Neither the 27 acre Lake Balboa or the 9 acre recreation lake at Hansen Dam allow swimming, both being used primarily by boaters and fishermen. A 1 ½ acre swim lake adjoins the recreation lake at Hansen Dam. Lifeguards at both facilities are responsible for safety in the large flood control basins surrounding both facilities. At Lake Balboa this includes a wild stretch of the L.A. River and at Hansen Dam it includes a 40 acre quarry lake and the 20 plus acre remnant of the old lake. Open water lifeguards provide protection on weekends at Echo Lake and MacArthur Lake, in the middle of the City of Los Angeles. This decade also saw a return to regional and national lifeguard competitions by City lifeguards. In 2000, the "first" summer of the new century, City lifeguards placed a respectable 6th in the Regional Championship. As of this writing, the City of Los Angeles Aquatics Division operates, in addition to nearly 50 swimming pools, five open water facilities. There are currently 110 lifeguards in the Open Water Section. Total attendance at these four lakes and one beach last year was nearly 900,000. Lifeguards made 278 rescues or medical aids and made 11,326 preventative actions and 7,890 enforcement actions. There was one fatality due to suicide during guarded hours. City open water lifeguards provide back up and mutual aid to the Los Angeles Fire Department in the San Fernando Valley and the Port of Los Angeles and the Los Angeles County Fire Department -- Lifeguard Division in the Cabrillo Beach area.

Our history is long and convoluted. We have gone from being one of the premier lifeguard agencies in the nation for 50 years to nearly vanishing from the open water frontier for a decade to returning to some degree of respectability in the open water lifeguarding community. We are proud of this achievement and very proud to be part of the noble profession of open water lifeguarding.

*Life guards towing a
boat at Cabrillo Beach--1949*



An Independence Day to Remember

By Jim Hughes, L.A. County Lakes

There are rescues that we train for and some rescues we actually anticipate. Then there are those that no one would ever dream would actually happen. Such was the case at 12:30 PM on July 4, 2002, when a twin engine Cessna aircraft lost power and plummeted into a crowd of picnickers along the shoreline of Lake Puddingstone at Bonelli Park.

The events that took place in the 14 minutes between the crash and the arrival of the first Fire Department personnel will forever be ingrained in the memories of 16 Lake Lifeguards. Lifeguards, who responded from the swim beach, lake-patrol and elsewhere, barefoot mostly wearing nothing more than Lifeguard swim trunks. Without hesitation, these Lifeguards landed in boats, climbed up a rocky shoreline, waded through a fuel soaked lawn to eighteen victims trapped in a horrific scene of mangled wreckage amid shredded trees.



Firefighters assist L.A. County Lakes lifeguards at Lake Puddingstone.

The events tell a story of Lifeguard Alan Taylor, who's trained to "survey the scene". He first had to put out a hot BBQ fire a few feet from pooled airplane fuel before he even started treating his first victim. They tell us of Jamie Shellenberger, a second year Lifeguard, who carried an 8 year old boy with head trauma and abrasions over his entire body several hundred yards to an awaiting helicopter. This was after she brought the boy's bleeding under control, placed him in C-Spine, and administered Oxygen. Ms. Shellenberger returned to assist in moving another victim from an automobile into an ambulance, then helped place yet another victim onto a backboard, and continued to clean and bandage other victims until all had been treated.

Battalion Fire Chief Glynn D. Johnson in a letter sent to our department stated:

"Upon arrival at scene, I observed several lifeguard personnel among the twisted and jagged aircraft debris providing emergency medical assistance to numerous injured victims which eventually totaled 18: 14 adults, 4 children -- 5 critical, and 3 in full arrest... Despite the initial havoc, seeing Lifeguard personnel on-scene among the most seriously injured increased the comfort level and assured responding paramedics that the victims would receive professional life saving care.. Fire fighting personnel, many with 25 to 30 years tenure .. have indicated that this incident was the most challenging in their long careers."

Senior Lake Lifeguard Steve Dixon was the Beach Captain in charge of the swim beach. During the incident, he began sending his Lifeguard staff across the lake to the scene in patrons' private boats. He knew that he was sending these young heroes into a situation that would change them forever. Gone would be the naiveté of the summer job to pay one's way through college -- an occasional rescue, a lost child...a normal day would never be taken for granted again.

This experience will be the one we will remember for the rest of our lives. We will carry it with us like an old scar. It will help us appreciate the essence of life, the tragedy of loss and the innate call-to-duty we all have as Lifeguards.

(Picture below)



Lifeguard John Silberstein heads out through the surf on a PWC for a rescue in Maui, Hawaii.

Beach Access for All

As told by Larry Rosenberg,
Rancho Santa Fe

Beverly Rosenberg loved being active. She would walk on the beach and run through the hills near her home in Rancho Santa Fe outside San Diego. And then one sad day, while running, she felt dizzy and fell. Over the next few weeks Beverly began suffering from increasingly severe headaches. Then following a sea cruise to England with her husband Larry, the headaches got much worse and she eventually lost consciousness. The doctors diagnosed bleeding in her brain. Beverly did eventually wake up but had lost all sensation in her limbs and was a quadriplegic. She could not talk and could barely move her head.

Beverly's gradual recovery over the past few years has been astounding. She can now smile and her eyes respond and react to people around her. With a little help from her friends, Beverly can now use her walker and feed herself. Her memory is rapidly improving. With her old friend the water, she is gaining some movement and strength through water exercise. And then along came the "chair".

The "chair" is a curious blend of plastic pipe and balloon tires that can carry a person from the street onto the beach. Provided by the Del Mar Lifeguards, it gives access across the beach for people with disabilities. At first, Beverly seemed slightly reluctant to use the chair. But now she loves it. Beverly beams at her husband while the sea breeze blows through her hair as her chair bounces over the sand. Again, she's enjoying the fresh air and the sights and sounds of the ocean. And again, Beverly Rosenberg loves being active.

***Beverly Rosenberg
enjoying the beach.***



Cal Surf Competition News

By Marshall Parks
Competition Committee Chair

2002 CSLSA Championships

The Junior Lifeguard and adult Regional Championships were hosted by Los Angeles County at Will Rogers State Beach on July 26 and 27. 16 chapters scored points at the Championships with Los Angeles County finishing first overall followed by San Diego City, Cal State, LA Lakes and LA City. Special thanks to Rob McGowan and the lifeguard staff from LACOLA for making this a successful event.

2002 USLA Championships

The 2002 USLA National and Junior Lifeguard Championships were held in San Diego, August 8-10. The event was televised on the Fox television network. San Diego City Councilmen Byron Wear, his staff and the members of the San Diego Organizing Committee deserve credit for making this event a reality.

Mike Knight Challenge

Held in memory of Mike Knight, a San Diego lifeguard who lost his life in the line of duty during flood rescue training in 1991, this year's competition took place in challenging 4-5 foot surf in South Mission Beach on June 20. Nearly 30 lifeguards from throughout the Southern California region participated, including Rescue 2002 National team members Blaine Morgan and Maggie Hogan. At the awards ceremony following the event, competitors were treated to Leslie Mendez's famous taco salad and her hand crafted awards.

Rescue 2002

The Rescue 2002 World Lifesaving Championships were held in Daytona Beach, Florida, May 7-19, 2002. This International championship, held every two years, is comprised of several competitions including events for national teams, club teams and masters competitors in events such as ironman/ironwoman, board rescue, rescue medley, taplin relay and many more ocean, beach and pool events.

During the National Teams competition, CSLSA member and LACOLA lifeguard Blaine Morgan completed the 200 meter swim with obstacles in a world record time of 01:55.31. Congratulations Blaine!

The National team winner was Surf Lifesaving of Australia, followed by Royal Lifesaving of Australia, New Zealand, South Africa, Germany, France and the United States in 7th place. Masters competitors from Southern California did quite well during the competition, with representatives from San Diego and Los Angeles winning numerous individual world titles.

Rescue 2004 is scheduled to take place on the Italian Riviera during September of 2004.

(Picture follows)



Blaine Morgan and Anthony Vein add a few more dozen points for the National Championship Team.

Captain Gardner Stevens, 1926 - 2002

By Brett Mattei, Department of State, U.S.A.

“I miss Gardner Stevens and the color and wisdom he brought into my life. But, as I reflect on the man and his legacy, I realize that many of my most cherished memories and important decisions, and those of many others, were colored by his full and happy life.”

To this day, almost 30 years after I met him, I have a vivid first memory of Gardner Stevens. He was bigger than life in his red and blue uniform, laying down the law to me and a bunch of squirrely 10 and 11-year-old junior lifeguards. “You know boys and girls.. a job worth doing is a job worth doing well.. and you are just plain wrong if you think junior guards is going to be a walk in the park.” I was amazed, excited and even scared as I looked up at that stern figure ordering us to tread the straight and narrow on his beach in that summer of 1974. But somehow I knew, even then, that underneath Gardner’s trademark gruff exterior, beat a big messy heart of gold.

As the years passed and I grew up into a teenager, and then into a young man, I often turned to Gardner for his unique brand of homespun wisdom. Typically, on a winter day after school, I would walk into the tower calling out “Gar..” and before I had a chance to finish he’d flick his cigarette butt out the window into the dory and say, “Brett, let’s go for a drive.” The conversations on those long patrols were often quite spare. I would hint at a problem with school or an argument I might have had with an authority figure, or some such thing. Gardner would usually respond with a funny but apropos story or otherwise find a way to reveal that the folks with whom I was in conflict were more often than not looking out for my best interests. He always managed to do it in a way that demonstrated respect, concern, and unconditional admiration. That was his gift.

Reflecting back, I realize that I was but one of many young men and women who had the privilege of working for Gardner as a Del Mar Lifeguard, and of being brought somewhat into the larger Stevens clan. It must have been an amazing burden at times for the Stevenses, particularly Peggy, who was running a household and her own business while “Uncle Gardner” ministered to his many young charges. In addition to his own biological family, Gardner’s legacy includes literally dozens of men and women who grew into adulthood with a keen sense of personal and civic responsibility. There are today many doctors, lifeguards, firefighters, accountants, lawyers, teachers and others working at their professions, and active in their communities, whose sense of service was honed under the guidance of Gardner and his successors at the Del Mar Lifeguard Department.

A couple years ago, while I was visiting friends and family between overseas assignments, my wife Caroline accompanied me to a very well attended barbecue at Jack Ross’ home in Encinitas. Gardner and Peggy were the guests of honor. It was a wonderful evening replete with stories of the adventures and misadventures of Gardner Stevens and the DMLG. As we drove away from Jack’s that night, Caroline turned to me and said, “My God, all of you love that man, don’t you?” And without even realizing it, I responded in typical Gardner fashion, “Did I ever tell you about the time one September when we traveled all the way down to a campground in Mexico just to throw a pie in Gardner’s face?”

Since I heard the news of his passing, I have had a vision of Gardner sitting in heaven with an old friend who has long since passed on. The two of them are looking down at the many friends and family assembled at Gardner’s funeral. And it goes something like this:

Friend: “Gee Gar, listen to them, those folks really loved you.”

Gardner: “Hmmm. Did I ever tell you about the time they attacked me with cream pies at the San Diego State football game in front of 40,000 people?”

I miss Gardner Stevens and the color and wisdom he brought into my life. But, as I reflect on the man and his legacy, I realize that many of my most cherished memories and important decisions, and those of many others, were colored by his full and happy life. Captain Gardner Stevens set the example for all of us as a husband, father, mentor and friend.

Ed note. Although seemingly slapstick, the pie-in-the-face tradition was dead serious. In fact, it was a congratulations to the Captain for leading us through another season without a drowning.

Carlsbad California State Junior Guards

By Stacy Begin

Program History

The Carlsbad Junior Lifeguard Program began in 1972 and was held at South Carlsbad State Beach. Carlsbad State Lifeguards Mike Bray and Dennis Garrahy were responsible for organizing and instructing the first program. Since both were certified school teachers as well as outstanding lifeguards, the Carlsbad Program was very successful from the beginning.

Description of Junior Lifeguard Program

The Carlsbad junior lifeguard program is an ocean safety and educational youth program for boys and girls ages nine through sixteen years of age. The program is conducted each year in two four week sessions during the summer months at South Carlsbad State Beach. Sessions operate Monday through Friday from 9am to 2PM. The program is taught and administered by professional California State Lifeguards.



Battle of the Sexes – Two Junior Lifeguards strive to become the top “D” (9-yr old) flagger on the beach.

The Junior Lifeguard program combines education with recreation to teach children a variety of information about ocean environment. Participants learn about the ocean, beaches, waves, tides, currents, rip currents, and marine life. Instruction also includes lifesaving methods, first aid, oceans and beach hazards, environmental awareness and beach manners. Activities include exercise, swimming, running, bodyboarding, snorkeling, bodysurfing, playing team games and Junior Lifeguard competitions.

The overall goal of the Junior Lifeguard Program is the education of participating children in ocean and beach safety. As a result of their Junior Lifeguard experience, some participants have become lifeguards.

Currently, we have ten Lifeguards that are junior guard instructors and over 300 students participating in the program. The students also benefit from field trips to places like La Jolla Cove Reserve and from having guest speakers: Tim Castenelli, Body Surfing Champion and BZ Pro bodyboard riders come down and share their knowledge and love for the ocean with our students. Another benefit from being part of the state park system is drawing from the wealth of information from the State Park Rangers and Permanent Lifeguards who come down to the beach and share with our Junior guards information about their positions and duties.

Another exciting event in the Junior Lifeguard Program is the annual competition with

Oceanside City Junior Guards. This year it was held on July 8th and turned out to be another fun-filled day of competition and camaraderie. Junior Guards from both programs competed in events ranging from distance run, paddles, beach flags, relays, and run-swim-run. The Carlsbad Junior Lifeguards are fortunate to have many community sponsors that have supported our program over the years. BZ Bodyboards, Witts Pipeline Surf shop, Surf Ride, Breezeflow Wetsuits, and Offshore Surf shop have provided gift certificates for award ceremonies and equipment to support our program. We are very grateful for their generous contributions that have helped make Carlsbad State Junior Guards such a successful program.



Carlsbad and Oceanside JGs Compete. Photo by Eric Wayman

Club Tortuga Update

By Matt Karl, Huntington Beach

On July 12th 2002, a team of 10 junior lifeguards will arrive in Huntington Beach to begin a 2-week exchange representing their home of Puerto Escondido, Oaxaca, Mexico. A similar exchange with Puerto Escondido's senior lifeguard staff 6 years ago has helped to achieve the goal of overcoming government oversight and funding of lifeguards in the State of Oaxaca. With more stability and money, Puerto Escondido was able to start a Junior Lifeguard program, which is now a model for others in the region. Much like the early days of Junior Lifeguards in California, programs in Mexico are growing rapidly and gaining supporters from the communities they serve. We hope that the upcoming visit will provide motivation and education for participants on both sides of the border.

As the Puerto team prepares for this inaugural exchange, they are both excited and nervous. For most of them, this will be the first time out of Mexico, and according to Lifeguard Captain Godofredo Vasquez, "they are worried about their English, being away from their families and most of all, the cold water." They are looking forward to seeing the United States and meeting new friends who share the same interests. They have all worked very hard in obtaining visas, passports and funds for the trip. Each of them has learned a great deal already." Said Vasquez.

Individual team members will stay with the families of junior guards from Huntington and Laguna beaches. This will give each of the 7 girls and 3 boys the opportunity to become a part of their American host's family and learn more than they would staying together as a group. Both agencies have a number of events planned including welcome parties, the regional competition and a trip to Disneyland. Most days will be spent running, swimming and playing on the beach, the favorite activities of Junior Lifeguards everywhere.

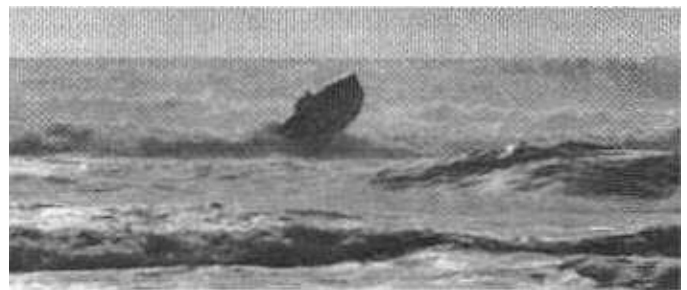
*For follow-up information on this exchange or questions regarding Club Tortuga, please contact: Matt Karl
karlm@surfcity-hb.org*



New Zealand Exchange Photos



From left to right: Dean Storey, Casey Graham, Gennifer Amthor, Tyler Morgan, Brian Kerry, Lindsay Ortega.



A typical day – Kiwi I.R.B. Training in the Tasman Sea.



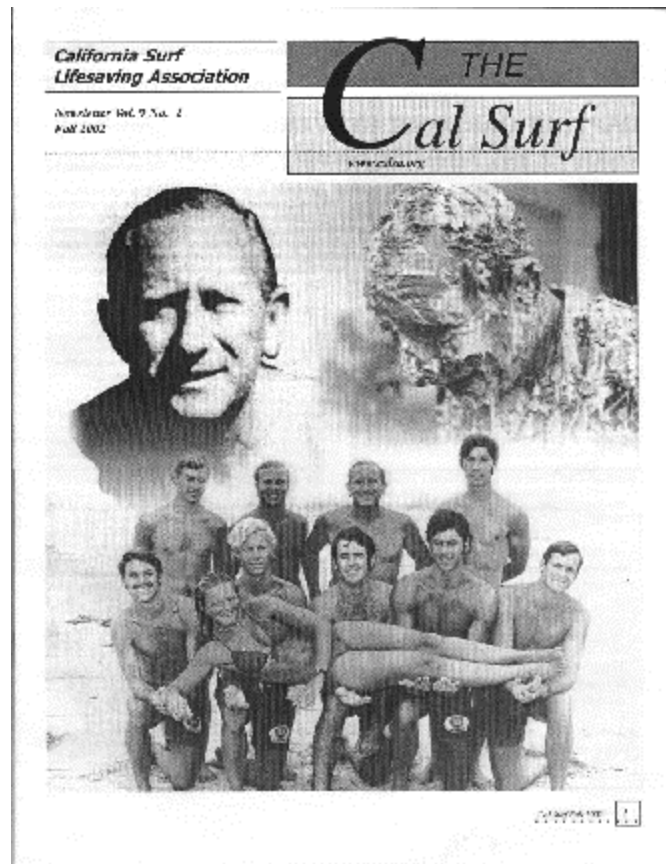
Leaping into Summer – A Newport Beach Junior Lifeguard takes the plunge off of the Balboa Pier. Newport Beach's commitment to making each summer memorable for every one of its 1200 Junior guards is evident in the creative training and competition events that it offers. From mock-rescues to pier jumps and boat orientations, the Jr. Lifeguards get a firsthand look at what it takes to keep over 10 million visitors to Newport Beach safe every year. Photo by Eric Wayman.

The Cover

CAPTAIN GARDNER STEVENS

January 29, 1926 - February 24, 2002.

Never was a man so aptly named. You could spell it “Guardner”. His parents must have sensed that their son would be destined to guard lives. And that’s what this man did. With a rare combination of dedication, thoroughness, expertise and stubbornness, Gardner “kept em alive”. First for the beaches of Los Angeles, then Del Mar and later in retirement, in Baja California, Gardner established an incredible legacy. While he was on watch, there were no drownings. His crews rescued thousands. And with his typical twinkle of the eye, he would remind us, “half those people would have gotten in anyway”. The point was always well taken. Without his guidance and vigilance, many would have died. Gardner left us recently and now watches over the beaches of heaven. We can all rest assured that when we get our turn to languish next to the ocean for eternity, the beach and the ocean will be safe because Gardner Stevens will always be on duty.



President's Message

By Rob McGowan

It is hard to believe, as I sit here at my computer trying to get comfortable with this brace on my knee (I broke my patella on a workout the day before USLA Nationals), that another summer is almost in the record books. It's a beautiful, warm, sunny August day and I can't believe one more summer is almost over.

It's been a very good summer for the California Surf Lifesaving Association. Our membership is at the highest level ever. We need to thank our sponsors Scott Hubbell of SHP Inc. and the USLA sponsor Panama Jack for the outstanding membership kits, that I am sure were, in a large part, responsible for our record membership numbers. Thanks also to Don Rohrer, membership chairman, and Gordon Gray, membership kit coordinator for their hard work. The membership kits included a nice bag from Panama Jack that was supplemented by a T-Shirt and a towel provided by SHP and our Regional sponsors Bud Light, Nissan and Lasseters Online (www.lasseters.com). Thank you to all of our sponsors.

The California Surf Lifesaving Championships were held at Will Rogers State Beach in Los Angeles County, hosted by LACOLA. Special thanks to L.A. County Chief Lifeguard Mike Frazer for his support. Mike came by for a visit on Friday, July 26 to have a look at the Junior Lifeguard competition, and was truly impressed by the turnout. We had over 1500 Junior competitors, in what may have been the largest field ever. It was a great day, there were some 3-foot plus waves to contend with, and I think all of the participants had a good time. Thank you to the L.A. County Junior Lifeguard Instructors, J.G. Director Charlie Kissell, and the Instructors from all of the participating agencies for a job well done. The event finished ahead of schedule due to outstanding organization and cooperation. We look forward to another great competition next year. The Lifeguard competition was held on Saturday, July 27, with more than 150 competitors. A big thank you is due to members of the Executive Board Don Rohrer, Bob Moore, Mike Beuerlein, Bill Richardson, Vince Lombardi, and Mike Bartlett for their help in officiating and running the event. Additional thanks are due to Bev Rohrer, Donna Richardson, Paul and Pat Francis, Gordon Gray, and the L.A. County Lifeguards that manned the IRB and PWC and helped out on the beach. Without the volunteer efforts of these dedicated people, the event would not have happened. Let's not forget Scott Hubbell and his staff who provided the staging, event T-shirt and awards. Scott also provided the water and sponsorship dollars that made the Regionals a reality. I look forward to an ongoing successful relationship with Scott

and SHP.

The San Diego Chapter hosted the USIA Nationals at Pacific Beach this summer, and by all accounts, it was as good as ever. Thanks again to the sponsors and the San Diego Organizing Committee for an outstanding event. Look for the TV show of the 2002 USIA Nationals on Fox Sports West.

In closing, I recently heard that one of our outstanding watermen, National and International champion, Paul Donahue is not doing very well. Paul survived a bout with brain cancer a few years back, but lately has been going downhill. Our prayers are with you Paul.



Multi-agency helicopter training; included were the Border patrol, Imperial Beach, Solana Beach, Encinitas and Del Mar

Rescue 2002 -- One Visitor's View

By Michele Jacquin, Del Mar

Rescue 2002 brought us to the Florida Coast, both for the first time since the 1950s. Somehow, as little kids we had forgotten the humidity that hit us as we exited the air terminal in Orlando. Nevertheless, when we stepped from the sugar sand into the 78-degree ocean (59 degrees at home) we were excited to be in Daytona Beach. My companion, Jim Lischer had competed in Rescue 2000 in Sydney and was hoping to beat an Australian or two in the Master's on home turf



Rescue 2002 medal winners, from L-R: Joel Gittleston, L.A. County, Jim Lischer, Del Mar, Don Rohrer, L.A. County (Ret.)

Actually, it was a little different than home turf. Aside from sunrise over the ocean, there were a few other curiosities for the native Californian. It is a BIG DEAL to drive on the beach. They LIKE cars on the beach... and police cruisers with radar guns, and ice cream vending trucks, and umbrella renting rigs, and even a tractor hauling a huge dumpster for the trash. Lifeguards wear holstered pistols and no hats. We also saw very hardworking and enthusiastic Volusia County professionals and volunteers, who were thrilled to host the world's best Surf Lifesavers.

The competition was held on the wide flat beach in Daytona with pool events inland in Orlando. California was well represented in the Master's competition by a small but solid contingent mostly from S. California who brought home a respectable share of medals. As usual, the Aussies, Kiwis, and South Africans were prominent in the ocean events. The Europeans were strongest in the pool. California's competitors were well rounded. Medallists and finalists in both pool and ocean included Allison and Steve Rapp of San Diego City, Joel Gittleston of LACOLA, Chris Dobrosielki of S.D., Chris Zimmer of Imperial Beach, and Jim Lischer of Del Mar. Marshall Parks, Pete Heinig, Randy Erickoff, Alan Volsard, Jeff Koch and Scott Diederich also contributed to the fine showing of the west-coast crew. There were undoubtedly others and we apologize for not naming them.

The pool events were 50 miles inland in a fine semi-outdoor pool. The competition was enthusiastic in spite of the temperature and humidity being about the same whether you were in the water or not. The May sun was blistering at the beach, so the flag and beach sprints were especially testing. Many competitors had trouble with the squeaky fine cornstarch sand, resulting in more than one pulled hamstring. The waves were small, so prowess in large surf was not a factor in the paddle events. Many finishes were very close and exciting. The warm evenings were perfect for a stroll on the beach, or an outdoor meal at a surfside restaurant. A terrific party was held right on the sand the last night of competition. We saw some great efforts, cheered the medallists, and made new friends. See you in Italy in 2004!



*Newport Beach Junior Lifeguards practice for Beach Flag Competition.
Photo by Eric Wayman*

Southern California Beach Safety Challenge

The Mission:

To reduce the frequency of accidental drowning deaths by promoting water safety awareness throughout southern California Coastal communities.

The Goal:

To compliment the United States Lifesaving Association's National Beach Safety Week by hosting a high profile athletic "challenge" event focusing on ocean fitness endurance skills.

The goal was accomplished. The Mission is ongoing. From May 20 to 27, over 50 individuals swam, ran and paddled various parts of the coast from the Mexican border to Huntington State Beach. Six of these people did the whole course.

These hardy souls included Chris Zimmer from Imperial Beach, Damon Bassett from Coronado, Jessica Walch, Luis Romero, Alexis Fair from U.S. Coast Guard and the man who put it all together, John Anderson from Cal. State. The rest of the participants, not including twelve from Oceanside whose names were not available at press time. Our thanks and congratulations to all.

Participants

<i>Del Mar</i>	<i>Bill Blevins</i>	<i>Solana Beach</i>	<i>Turtle Rudofy</i>
<i>Del Mar</i>	<i>Dennis Zavolack</i>	<i>State Parks</i>	<i>Julia Finney</i>
<i>Del Mar</i>	<i>Enrique Montoya</i>	<i>State Parks</i>	<i>Kerry Knollin</i>
<i>Del Mar</i>	<i>Eric Sandy</i>	<i>State Parks</i>	<i>Keven Spring</i>
<i>Del Mar</i>	<i>Gordon Cromwell</i>	<i>State Parks</i>	<i>Ryan Gates</i>
<i>Del Mar</i>	<i>James Lischer</i>	<i>State Parks</i>	<i>Don Ito</i>
<i>Del Mar</i>	<i>Jon Edelbrock</i>	<i>Coast Guard</i>	<i>Andy Aguilar</i>
<i>Del Mar</i>	<i>Kurt Lager</i>	<i>Coast Guard</i>	<i>Angel Ruilova</i>
<i>Del Mar</i>	<i>Scott Gafiney</i>	<i>Coast Guard</i>	<i>Chandra Carter</i>
<i>Del Mar</i>	<i>Scott Tinley</i>	<i>Coast Guard</i>	<i>Darin Masterton</i>
<i>Del Mar</i>	<i>Vincent Duprat</i>	<i>Coast Guard</i>	<i>Greg Farney</i>
<i>Encinitas</i>	<i>Larry Giles</i>	<i>Coast Guard</i>	<i>Jeanne Reincke</i>
<i>Newport Beach</i>	<i>John Moore</i>	<i>Coast Guard</i>	<i>Kacper Drobny</i>
<i>San Clemente</i>	<i>John Deliema</i>	<i>Coast Guard</i>	<i>Kyle Maki</i>
<i>Solana Beach</i>	<i>Andy O'Leary</i>	<i>Coast Guard</i>	<i>Loan O'Brien</i>
		<i>USOS</i>	<i>Api Weinert</i>



10-7

by Eric Sandy
Del Mar

Out of order. No longer in service. Dinged up. Down time.

When your line of work is physical, and the body quits cooperating, it can be miserable. Even when the pain is not that extreme, the shock of not being able to perform our duties and have fun the way we're used to, can be debilitating. Just as frustrating as the actual injury is the re-habilitation. So for what its worth, here's one man's story. Here are the lessons I relearned when recuperating from knee surgery.

Like so many of us who have frolicked in and around the ocean for so long, I started to believe I was bulletproof. All that salt had preserved my aging bones and nothing could keep me from playing till I was 80. Or so I thought.

The first clue that the knee was not quite right was when the post-workout swelling didn't subside even after all the ice and ibuprofen I could find. Even slowing down from my already pedestrian running pace would not let the knee repair itself. The physical therapist told me it was just wear and tear. It was all those late takeoffs, radical bottom turns and not-very-high leaps off the volleyball court that had finally taken their toll. So I tried yoga and swallowing supplements the names of which I could never pronounce.

I tried the chiropractor but all he could do was crack my back in fourteen different ways and then tell me that was somehow connected to my knee. I tried thinking very positive thoughts and visualizing a healthy knee. And still the ole knee throbbed. After having two different orthopedic surgeons pull, poke, yank and twist the knee asking such probing medical questions as "where does it hurt?" I realized I needed a picture. First I got the x-ray but that showed only a healthy knee. Finally it was the MRI, that spacey, noisy, grinding machine that shed the light on the source of the pain and swelling. "Large tear in the meniscus" was the diagnosis. And, the doc said, the only way to fix it was that dreaded "S" word, the surgery. The scope.

But providence smiled on me and his name was Patrick "Doc" Padilla, an accomplished athlete, an L.A. County lifeguard and thank goodness, one fine Orthopedic Surgeon.

The Doc used that tiny skill saw to hack out the torn part of my meniscus and voila, I was fixed. Well, at least I could go home, limping and bleary. The Doc estimated the recovery time to be between “two days and two months — it depends on you”! Well, does that sound like a challenge?

I left the crutches in my car. I figured the more time without them the better. After the first day, the local anesthetic wore off. Oh doctor! “Discomfort?” Is that what they call this? Where the hell is that Vicodin? But no, even though the heavy stuff kills the pain it leaves me feeling like a cabbage-head so, it’s back to the ice. And here’s the first revelation. Remember that R.I.C.E. stuff from 1st Aid 101? that twenty minutes on? Well, now they tell me, ice continually! for hours! They even have this fancy machine that pumps ice water through an ice pack rapped around the knee for hours at a time. The ice seems to work, or the swelling just goes away, but within two days I stagger back to work. At least, to the desk from where I can be slightly useful. My getting up and down the steep ladder to the office provides good entertainment for the crew. Those with a cruel sense of humor suggest I’m no slower than before. But at least I’m moving.

Movement is what it’s all about. The Doc sends me to physical therapy where some very cute young women put me through a myriad of medieval movements on strange machines that are supposed to make me stronger sooner. Even standing on one foot for any length of time seems like a great advance in agility. Until I remembered I couldn’t do that very well before the surgery. And, I pump iron. At least I move weights on the leg press - very light weights, many times, until the knee gets very sore, and then move it some more. And I walk. I walk on the beach, on the street, up and down stairs whenever and wherever I can, I walk.

Along with all the walking and lifting I stretch, do endless crunches and continue those weird but effective frog hops that just kill your quads after about five minutes. I also go through two ice packs at a sifting, still fighting that battle to keep down the inflammation.

After about two weeks of seemingly endless hopping, stretching, lifting and walking, I give myself a treat and go for a paddle. It’s a calm day and I’m only out for ten minutes but it’s such a reward to get back into the ocean. And, it makes the knee feel better! OK, it could just be that strange mental high, endorphin driven pain reliever or something but at this stage, I’ll take it.

Then on the horizon was a shining light, an achievable goal. It was only a five-mile race. But, it was all down hill! I can shuffle that far I figured. I can depend on “residual conditioning” I was told. That’s what older athletes tell each other when

they're out of shape and decide to try vigorous activity for the first time in a while. So I went for it.

I had managed to “walk” almost a mile four days after the surgery. Three weeks after the scope I had jogged almost two miles. Two weeks after that, my “mileage” was up to five very slow cautious miles on the beach. After every walk or run I'd ice. I'd stretch. And three times a week I was in the gym slowing lifting those weights. Then came race day. It had been forty days and forty nights since I hobbled out of Doc Padilla's office. He had cleared me for “full exercise” as long as I “listened” to my knee and if I felt any pain or noticed any swelling, stopped. The excitement of competing again carried me for the first two miles. My great training bro, Jack Ross, carried me for the next two miles. Then reality struck. I was gassed, whapped, bonked, done. The finish line looked like it was moving away from me but I'd come too far to stop now. Staggering to the end, I felt damn pleased to have finished the race. But the best feeling was in my legs. They were wobbly, tired, sore and aching. But that post-op knee felt good as new. Well, at least it felt just like the other one, old and tired. Most importantly, there was no swelling. And even the next day, the legs were still stinging from the lactic acid but no puffy knee!

Since that humble day of recovery, I've been able to run more, paddle more and even ride a wave or two. I still swim slowly, but I always did. I still can't jump very high —never could. I haven't lost much speed in the 10k but I never had it. What I have managed to do is to return to a relatively active life at a relatively advanced age. And so much thanks must go to Doc Padilla and his magic scope. Just imagine, if he can fix my old knee, think of the wonders he could work with people who have great athletic ability. Think of how he could create a whole team of exceptional lifeguard competitors. He could fix them with bionic body parts so they'd be unbeatable at everything from running to swimming to surf ski to paddleboard to beach flags. They would dominate! LACOLA would win the national championship in lifeguard competition! Naaa, he wouldn't do that!

You Gotta Reach Out

By Brant Bass, San Diego Lifeguard Service

Particularly in the larger Cities, we need to make efforts to stay in touch with the community. In San Diego, for instance, public education and outreach is an important component of a lifeguard's job. Certainly, a population aware of ocean hazards is less likely to need help. But the benefits go well beyond this. Through a number of programs, San Diego lifeguards learned some valuable lessons.

Operation: Waterproof San Diego

Born out of necessity, when budget times were tough, San Diego Lifeguards developed a program that had such a high profile that corporate sponsorship came forward to fund the majority of the program's expense. This included painting a small helicopter bright yellow and flying it from elementary school to elementary school with a specially designed water safety "show" that entertained and educated approximately 15,000 children each year. The 45-minute assembly is complete with music, song, and even a dance - the stingray shuffle, of course. This program focuses on the inner City and is usually provided free of charge.

Junior Lifeguard Program

Many agencies offer a junior Lifeguard program. In San Diego, about 1,000 children participate in our program and about 20% of these children receive either full or partial scholarships. One of the primary recruiting tools is Operation Waterproof San Diego. This year an intern program began in which some of the older experienced junior lifeguards were paid to attend and assist in teaching the younger children. So far it's been a huge success.

Learn-to-Swim-For-Free

The predominately white male workforce is commonplace in United States lifeguarding. In San Diego, however, we realized over the years the importance of having a diverse workforce that reflects the ethnicity of the community. Despite significant recruiting efforts, the San Diego lifeguard service hasn't come close to gaining the advantage of such diversity. In the mid-90's San Diego set out on a quest to understand why. As it turns out, statistics show that children who do not learn to swim by the age of 6 will probably not go on to become excellent swimmers. Since the Junior Lifeguard program accepts children 9-17, it was evident we needed to intervene earlier in the lives of children who would not normally have access to pools or swimming lessons. Some money was scraped together and flyers were handed out at a Martin Luther King Jr. parade offering free swim lesson at an inner city swimming pool. We expected that about 30-40 children would take advantage of the offer. Over 300 signed up. A scramble ensued to find the additional money to provide the lessons but ultimately, no one was turned away. A campaign also took place keep the inner city pools open year round and now they are.

Bridge- to-the-Beach

While connecting to the inner city, lifeguards were astonished to learn how many children, just a few miles away, had never been to the beach. We made arrangements to borrow a bus from the fire department to haul a load out for a day of fun, just to expand their horizons. Now, lifeguards offer this to service to any inner city group or recreation center. For the price of a few hot dogs, we make some very valuable connections.

Media Relations

In San Diego, a week doesn't go by without media coverage on some aspect of lifeguarding. This is by design. Twenty-four hours a day, the reporters can call a media line and speak with a live lifeguard. A lieutenant is assigned as the public information officer (PIO). Their success is partially based on whether or not they can get someone in a lifeguard uniform on the evening news. The PIO maintains relations with television and radio assignment editors so when a story breaks or we need publicity, one hand can wash the other.

The Benefits

These programs may appear to take a great deal of effort and resources but the results have been nothing short of astonishing. The City of San Diego conducts customer surveys annually and since these programs have been in place the lifeguard service's rating has improved dramatically. And it's not because the lifeguards are preventing more drownings. It's because more of the City is aware of what lifeguards do. In fact, the satisfaction level has been one of the highest, almost identical to police and fire. If you think about, this is an amazing statistic considering a lifeguard's day-to-day contact is normally, solely with the beach community. Finally, San Diego Lifeguard Service still has the hope that the entire community will someday be represented in its workforce because everyone will have an equal opportunity to compete for a job.

About the author: *Brant Bass is a lieutenant with the San Diego Lifeguard Service and is their primary PIO. He a/so oversees the Junior Lifeguard Program. He has worked for the City of San Diego for 28 years.*